



## **Healthy Food & Drink Policy**

### **Introduction**

At Risby Preschool & Childcare Services we recognise the need for all children to have a healthy diet in order to develop, perform and achieve well. We aim to promote a healthy lifestyle early in life. Our vision is for all children to have the knowledge, understanding and skills necessary to make informed choices about the types and amounts of foods they need to consume in order to stay healthy. We acknowledge the vital role that parents, staff and the wider community have in promoting healthy eating as part of a healthy lifestyle.

**Aim:** To promote good health for all the children we will:-

- ascertain from parents/carers their children's dietary needs, including any information pertaining to allergies, religious or cultural requirements.
- ensure that all staff, students and volunteers are fully informed of children's dietary needs, including any information pertaining to allergies, religious or cultural requirements. This is displayed confidentially.
- implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents/carers wishes, and that these meet all individual requirements.
- include foods during our snack time that reflect the diet of each child's cultural background providing children with the opportunity to sample both familiar and unfamiliar foods.
- require staff to show sensitivity in providing for children's dietary requirements, ensuring children do not feel singled out as we meet individual needs.
- use snack time as a social occasion for both staff and children.
- support/promote children's independence, as is age and stage appropriate. Children's independence is promoted by their making choices, preparing and serving food and drink, and by feeding themselves.
- ensure fresh drinking water is available to children at all times. Staff act as role models for children, ensuring that they themselves keep hydrated throughout the day. We support our children's independence by encouraging them to pour their own drinking water ensuring our support is age and stage appropriate.
- ensure the children are provided with semi-skimmed milk if they drink milk.

- ensure the children are well nourished at our setting and have access to nutritious food and a clean water supply.
- ensure we give a consistent and clear message about the type of food to be brought into the setting.
- promote the need for healthy eating choices and a healthy life style.
- make education and learning about food as well as the provision and consumption of food an enjoyable and safe environment.

### **Personal Hygiene Standards**

At Risby Preschool & Childcare Services we support children in maintaining high standards of personal hygiene throughout our sessions.

- Staff promote good manners in respect of talking to children about the importance of not licking fingers, blowing noses or putting fingers into the food when involved in preparing it.
- Staff ensure that all equipment used in the preparation of food is clean and appropriate.

### **Food across the curriculum**

At our setting all children are educated and encouraged to eat healthy and broaden their experiences of different foods, food hygiene and safe food preparation. Many areas of the curriculum provide opportunities for children of all ages to develop this. At times all children may taste and sample foods as part of their learning and Preschool activity.

### **Snacks**

All children are first provided with a choice of fresh fruit for their snack through the government's '5 a-day' scheme. They are then offered a choice of an additional snack i.e. a piece of toast. Children are not permitted to bring snacks unless there is a medical reason for doing so as we provide children with appropriate snacks throughout the day. We do our best to cater for children's allergies/intolerances to offer them where possible the same form of snack as the other children but in-line with their allergy/intolerance.

If children, parents and staff wish to acknowledge a child's birthday or special occasion, a birthday cake or small individual cakes may be sent in to share with the rest of the group at a convenient moment. This may be mid-morning, at the end of the day or at the discretion of the Preschool staff may be sent home with each child. We recognise that many personal, social and communication skills can be fostered during such opportunities, particularly for our younger children. However, no child or parent should feel obliged to do this at any time. Any cakes must be provided in a sealed container for hygiene and health and safety reasons. In case we have a child who attends our setting who has a nut allergy we ask for children not to bring nuts or products that contain nuts into our setting. Sweets and chocolates are also not permitted in our setting at any time.

## **Water provision**

All children have access to drinking water throughout the day. We encourage the children to drink plenty of water as we recognise the impact it has on their health, well-being, behaviour and performance in our setting. The Preschool and school children have their own water beaker so water is accessible at all times.

## **Fundraising and school events**

Aspects of healthy eating will be considered when planning our events such as parties, discos etc. The staff and Committee will also give consideration to the type and quality and preparation of food provided at their events. However, food 'treats' form an important role in social, religious and family life so should not be outlawed! We aim to teach the children to make healthy choices and the need for balance within their diets – no food is to be seen as bad food if chosen as an occasion treat on a special occasion and in moderation.

## **Food hygiene**

All our staff hold current Food Hygiene Certificates, which are renewed routinely at expiration. We also are inspected by the Food Agency and our current rating is 5. Any adult working with children on food tasting/preparation encourages them to wash their hands thoroughly before beginning and to wear a clean cooking apron. Children with long hair are expected to tie this back and tables/surface are covered or cleaned before starting. Children are taught basic health and safety aspects of food preparation and tasting. We encourage parents, working under the supervision of a member of staff, to come into the setting to help with food activities.

This policy will be monitored and reviewed in line with our settings procedures.

This policy was adopted on .....

Signed (Chair) .....

This policy will be reviewed annually.

Our setting is committed to safeguarding and promoting the welfare of children, young people and adults at all times and expects everybody working within this setting to share this commitment.